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Lady Jacket XC info



Yellow Jacket XC info



Elvin R. King XC Course Maps



28th ANNUAL FRIENDSHIP INVITATIONAL
Elvin R. King Cross Country Course



#CUJACKETS

SATURDAY • SEPTEMBER 15, 2018



September 15, 2018

Dear Cross Country Participant:

Welcome to Cedarville University and the 28th Annual Friendship Invitational at the Elvin R. King Cross Country Course. We at Cedarville are delighted to be the hosts for this wonderful event. Best wishes to each participating student-athlete as you participate in your respective races.

Again, we welcome each of you to Cedarville University, Greene County, and Southwestern Ohio. Have a **great** time of fellowship and competition!

Sincerely in Christ,

Thomas White
President

am

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SUPPORTING YOUR TEAM ON AND OFF THE FIELD



Pictured from left to right:
Ryan Chamberlin, AT; Shila Obee, AT;
Justin Stanfill, AT; Aaron Bair, AT, CSCS;
Michael Willets, MS, AT

OHIO VALLEY sports medicine

Your Ohio Valley Team of Professionals:

Medical Director: Ian Thompson, M.D., M.S., F.A.A.O.S.

Director of Sports Medicine: Michael Willets, MS, AT

Aaron Bair, AT, CSCS; Ryan Chamberlin, AT;

Shila Obee, AT; Justin Stanfill, AT;

Noshir Deboo, MD; John Dobson, MD;

David Galluch, MD; Tarsem Garg, MD;

Lance Tigyer, DO; Kevin Zartman, MD; Philip Cain, DPM;

Donald LeMelle, DPM; David Anon PT, DPT, AT;

Megan Chojnacki, PT, MPT; Wade Rice, PT, DPT, CSCS;

Terrie Wilborn-Halverson, PT, DPT

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2 YELLOW JACKET CROSS COUNTRY

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INSTRUCTIONS
28th ANNUAL CEDARVILLE UNIVERSITY
FRIENDSHIP INVITATIONAL

Saturday, September 15, 2018



RACE TIMES:	9:30 a.m.	College Men's 8K
	10:15 a.m.	College Women's 5K
	10:50 a.m.	High School Boys 5K - Division I (Gold)
	11:25 a.m.	High School Girls 5K - Division I (Gold)
	12:05 p.m.	High School Boys 5K - Divisions II and III (Blue)
	12:40 p.m.	High School Girls 5K - Divisions II and III (Blue)
	1:20 p.m.	Middle School Boys 3200 meters
	1:50 p.m.	Middle School Girls 3200 meters
	2:20 p.m.	Open Fun Run 1 mile

Each team is assigned a starting box(es). Your top runners should be at the front of the box. For large teams, line up behind teammates and extend the box back as though you were in a road race.

Athletes should be at their starting box 15 minutes prior to race time. Clerks will be checking that you have your chips/bibs and team uniform.

The starting commands for the race will be as follows:

The starter will be approximately 75 meters up from the start line in the middle of the course. After an extended whistle blast, the PA system will announce "On Your Marks" at which time all athletes should come to the line, but not touch the line, and become motionless. The starter will raise the red flag and the gun in the air, when both the gun and flag are up in the air and all athletes are still, the gun will be fired.

Upon crossing the finish line and entering the chute, continue to move toward the back of the chute. There you will remove the chips from your shoes and place them in one of the buckets near an exit to the chute. Be sure your athletes do not leave the chute with the chip still on the shoe.

Results will be posted on a result board between the concession stand and the finish line. Results will also be posted at www.yellowjackets.cedarville.edu by late Saturday afternoon.

AWARDS

There will be an awards ceremony for each race. The top 10 finishers in the college races will receive a t-shirt award. The top two teams in all divisions will receive a plaque. The top 50 in the HS/MS divisions will receive an award. If you miss the award ceremony, the athlete or coach may pick up the award following the ceremony for that division. *NOTE: Cedarville University will not mail out awards for those runners who do not pick up awards at the meet.*

AWARDS TIME SCHEDULE:

College Men followed by College Women - 11:15 a.m.
High School Boys followed by High School Girls (Gold) - 12:15 p.m.
High School Boys followed by High School Girls (Blue) - 1:15 p.m.
Middle School Boys followed by Middle School Girls - 2:15 p.m.

Team Starting Box #'s College/University		Team Starting Box #'s High School Boys & Girls (Gold)	
2-4	Miami University Running Club	1	Northmont
5-7	Shawnee State University	2	Springfield
		3-6	Kings
8-10	Wright State University	7	Xenia
		8	Sidney
11-13	UC Running Club	9-10	Fairfield
14-16	Bethel College	11-13	Bellbrook
		14-15	Hilliard Darby
17-19	University of Dayton	16	Bellefontaine (Boys only)
20-22	Indiana Institute of Technology	17-18	Lima Shawnee
		19	Wilmington
23-25	Central State University	20	Butler
		21	Little Miami
26-28	Morehead State University	22-26	Mason
29-31	Wilmington College	27-29	Fairmont
		30-32	Oakwood
32-34	Cedarville University	33-36	Sycamore
		37	Wayne
35-37	West Virginia Tech	38-39	Mt. Notre Dame (Girls only)
38-40	Miami University	38-39	Hilliard Bradley (Boys only)
		40-42	Wyoming (Girls only)
41-43	Cincinnati Christian University	41-42	Elder (Boys only)
		43-44	St. Xavier (Boys only)
44-46	Ohio Dominican University	45-46	Upper Arlington (Boys only)
47-49	Wilberforce University	47-49	Centerville (Boys only)
50-52	Indiana University East	50-51	Carroll (Boys only)
		52-53	Madiera (Boys only)
53-55	Unattached Runners	54	Greenville (Boys only)

**Team Starting Box #'s
High School Boys & Girls (Blue)**

1	Greeneview
2	Madison Plains
3	Lakota Christian
4-5	Versailles
6	Clinton Massie
7	Houston
8	Aiken New Tech
9	Madiera (Girls only)
10	Covington
11	Rock Hill
12	Waynesville
13	Chaminade Julienne
14	Anna
15	Cedarville
16	Kenton Ridge
17	Beaver
18	Leesburg - Fairfield
19	Belmont
20	Greenville (Girls only)
21	Indian Lake
22	Thurgood Marshall
23	Newton
24	Clark Montessori
25	East Dayton Christian
26	Bradford
27	Twin Valley South
28	Washington Court House Washington
29	Botkins
30	Hillsboro
31	Miami East
32	Wyoming (Boys only)
33	National Trail
34	Alter
35	Dayton Christian
36	Greenon
37	Northwestern
38	Valley View
39	Russia
40	Franklin Monroe
41	Grove City Christian
42	Southeastern - South Charleston
43	Tippecanoe
44	Springfield Shawnee
45	Stiver
46	Hillcrest
47	Bellefontaine (Girls only)
48	Carroll (Girls only)
49	Middletown Christian

**Team Starting Box #'s
Middle School Boys & Girls**

2	Newton
3	Belmont
4	Northmont
5-6	Springboro
7	Tippecanoe
8	Xenia
9	Houston
10	Alter
11	Greenon
12	Rock Hill
13	Wayne
14	Cedarville
15	Northridge
16	Bradford
17	Madison Plains
18	Southeastern - South Charleston
19	West Carrollton
20	Covington
21	Dayton Christian
22	Wilmington
23	Sidney
24	Cypress Christian
25-26	Kings
27	Anna
28	Fairmont
29	National Trail
30	Beaver
31	Springfield
32	Hillsboro
33-34	Centerville
35-36	Bellbrook
37	Leesburg - Fairfield
38	Carroll
39	Northwestern
40	Twin Valley South (Boys only)
41	Waynesville
42	Franklin - Monroe
43	East Dayton Christian
44	Springfield - Shawnee
45	Versailles
46	Middletown Christian
47	Indian Lake
48	Clinton Massie
49	Grove City Christian
50	Lakota Christian

Meet records Friendship Invitational on Elvin R. King Course

<u>Division</u>	<u>Athlete/School</u>	<u>Time</u>	<u>Date</u>
Univ./open women 5K	Sarah Foster, Ohio State University	17:24	Sept. 19, 2009
Univ./open Men 8K	Matt Brooker, Cedarville University	24:38.96	Sept. 15, 2012
Boys Blue 5K	Isaiah Bragg, Emmanuel Christian	16:10	Sept. 19, 2009
Girls Blue 5K	Perri Bockrath, Alter	19:01.3	Sept. 17, 2016
JH Boys 2 mile	Justin Prack, Northwestern MS	10:42.54	Sept. 15, 2012
JH Girls 2 mile	Juliann Williams, Beavercreek	11:33.6	Sept. 17, 2016
Gold Boys 5K	Conant Smith, Middletown	15:24.5	Sept. 16, 2017
Gold Girls 5K	Amanda Burger, Lakota West	18:04.59	Sept. 16, 2006

Elvin R. King Course Records

<u>Course</u>	<u>Athlete/School</u>	<u>Time</u>	<u>Date</u>
8K Men	Chris Lemon, University of Dayton	24:11.8	Oct. 1, 2010
10K Men	James Ngandu, Tiffin University	30:11.8	Nov. 4, 2017
5K Univ. Women	Rachel Patterson, Miami University	17:12.3	Oct. 1, 2010
6K Univ. Women	Ellen Isaac, Ohio University	21:07.9	Oct. 2, 2015
5K HS Boys	Conant Smith, Middletown	15:18.8	Oct. 21, 2017
5K HS Girls	Morgan Gigandet, Troy	17:27.6	Oct. 21, 2017
2 mile JH Boys	Justin Prack, Northwestern MS	10:42.54	Sept. 15, 2012
2 mile JH Girls	Katelyn Stapleton, West Liberty-Salem	11:27.0	Oct. 15, 2016

Cedarville University Elvin R. King Cross Country Events Thunder / Lightning Policy

Boys and Girls 5K and 2 mile race

We will not start a 5K or 2 mile race if we believe that there is a threat of thunder/lightning that could occur during the race. If a race is underway and suddenly there is thunder/lightning, the race will be permitted to finish.

1. If notified by Telvent of lightning within 20 miles of the venue prior to the start of a race, the race will be delayed. If race officials and coaches agree that the likelihood of lightning is significant prior to the start of a race, the race may also be delayed to avoid the threat.

2. If the men's 8K race has been started and notification occurs that lightning is within the 10 mile limit, the following actions will take place:

a. If the lead runner has not passed the 2 mile mark the race will be immediately postponed will all runners completing 2 miles. The race will then be restarted from the start line after the lightning threat is passed.

b. If the lead runner has passed the 2 mile mark and notification occurs that lightning is within 10 miles, runners will be permitted to finish, however course length will be modified with runners being redirected towards the finish line at 3.5 mile mark. This will make the entire course length about 3.9 miles.

c. If the lead runner has passed the 3.5 mile mark when notification of lightning within the 10 mile limit, the race will proceed as normal and the runners will be permitted to finish.

Tornado Policy

When a threat of a tornado exists at any level ("watch" or "warning"), there should be a person designated to listen to a radio or police scanner with the task of giving warning if tornado activity is sighted or otherwise detected. If tornado activity is reported in the general area or from a direction that does not pose a threat, all spectators must be informed in as much detail as is available. All persons will evacuate to a safe area from the area if a tornado has been sighted in the immediate area or if the weather becomes "threatening."

Safe Areas

All participants in outdoor activities must go to the Callan Athletic Center and/or the Doden Field House when notified of the need to leave their athletic venue due to inclement weather.



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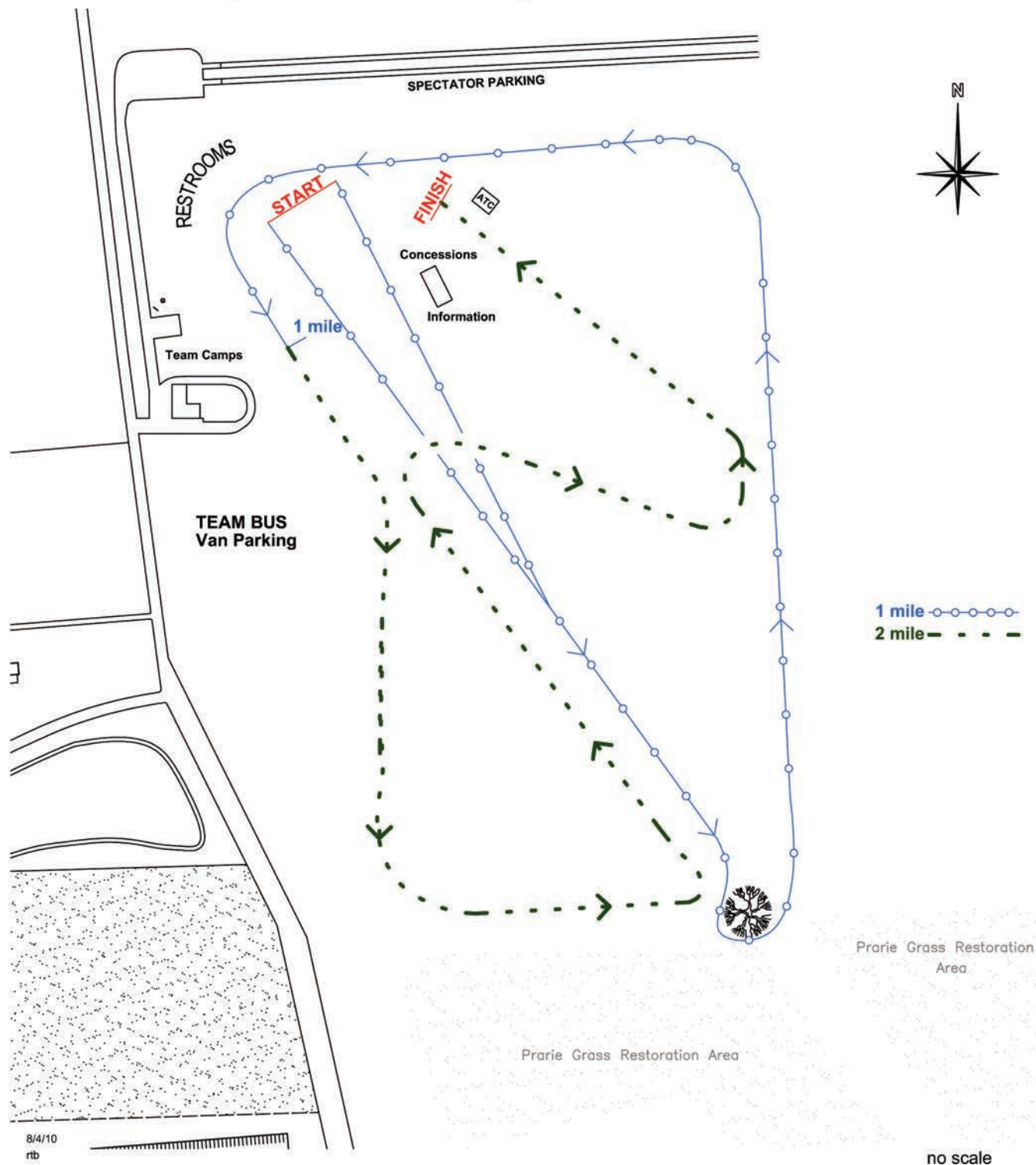
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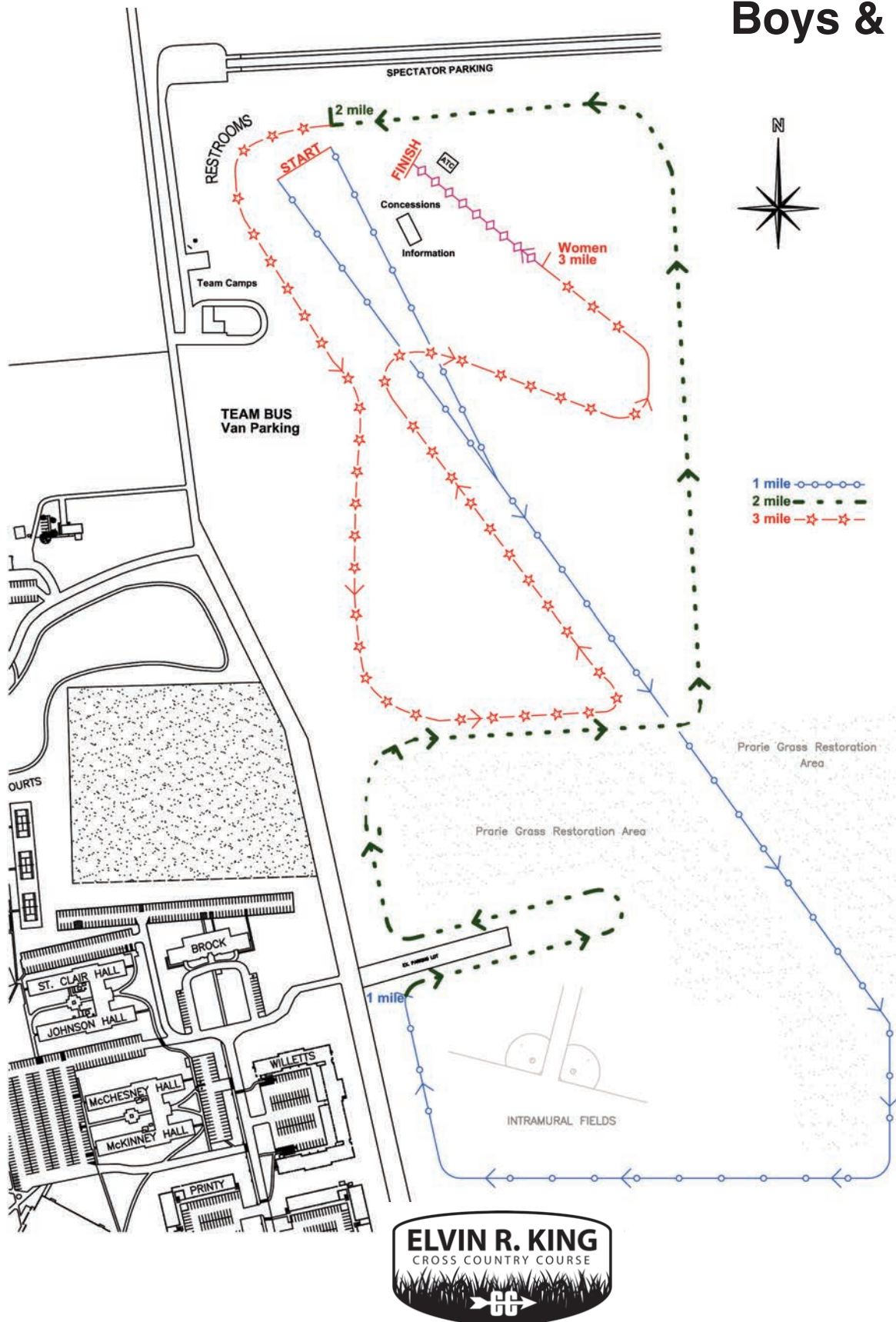
3200M Map Elvin R. King Cross Country Course

Middle School Boys & Girls



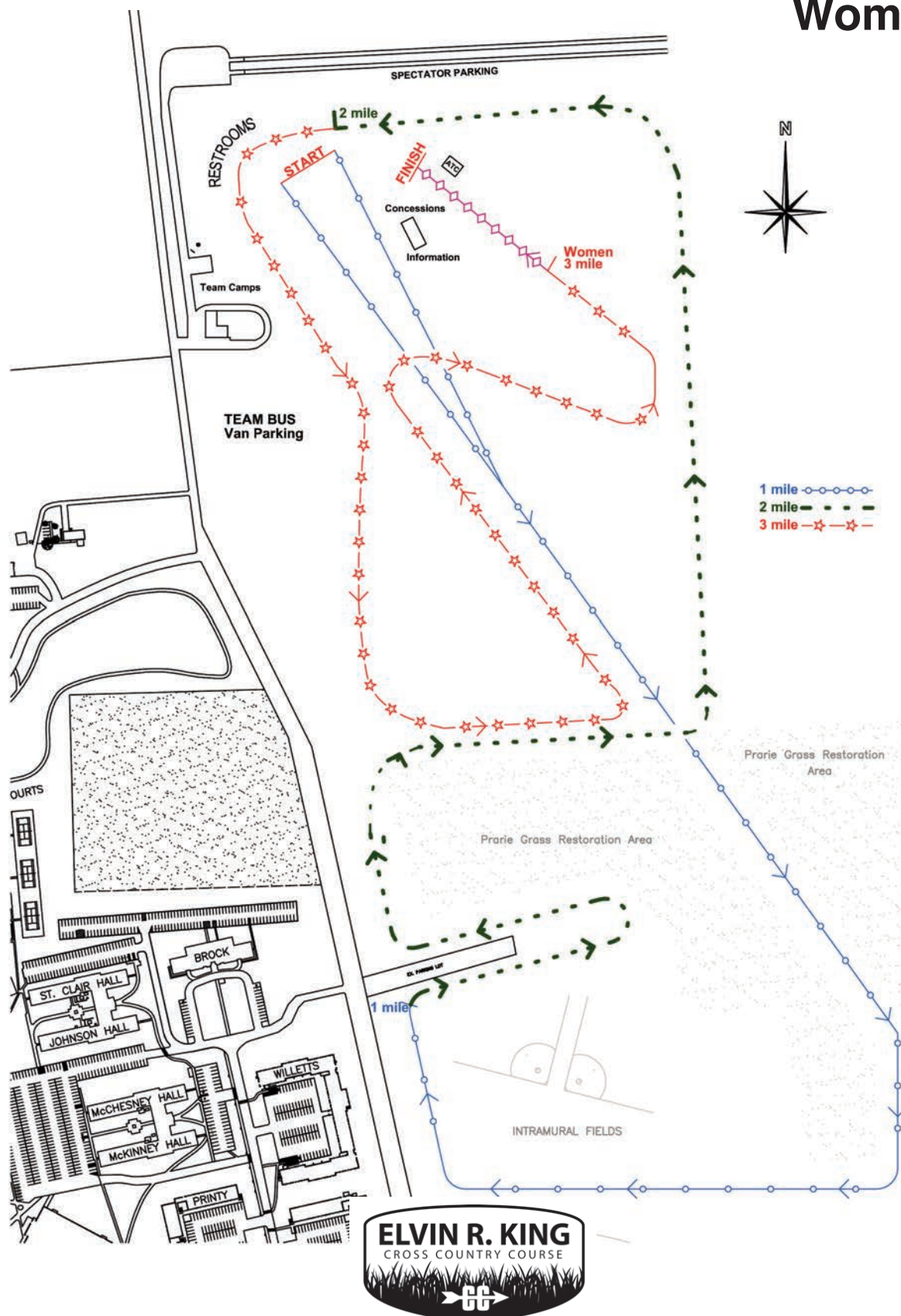
Elvin R. King Cross Country Course 5K route

High School Boys & Girls



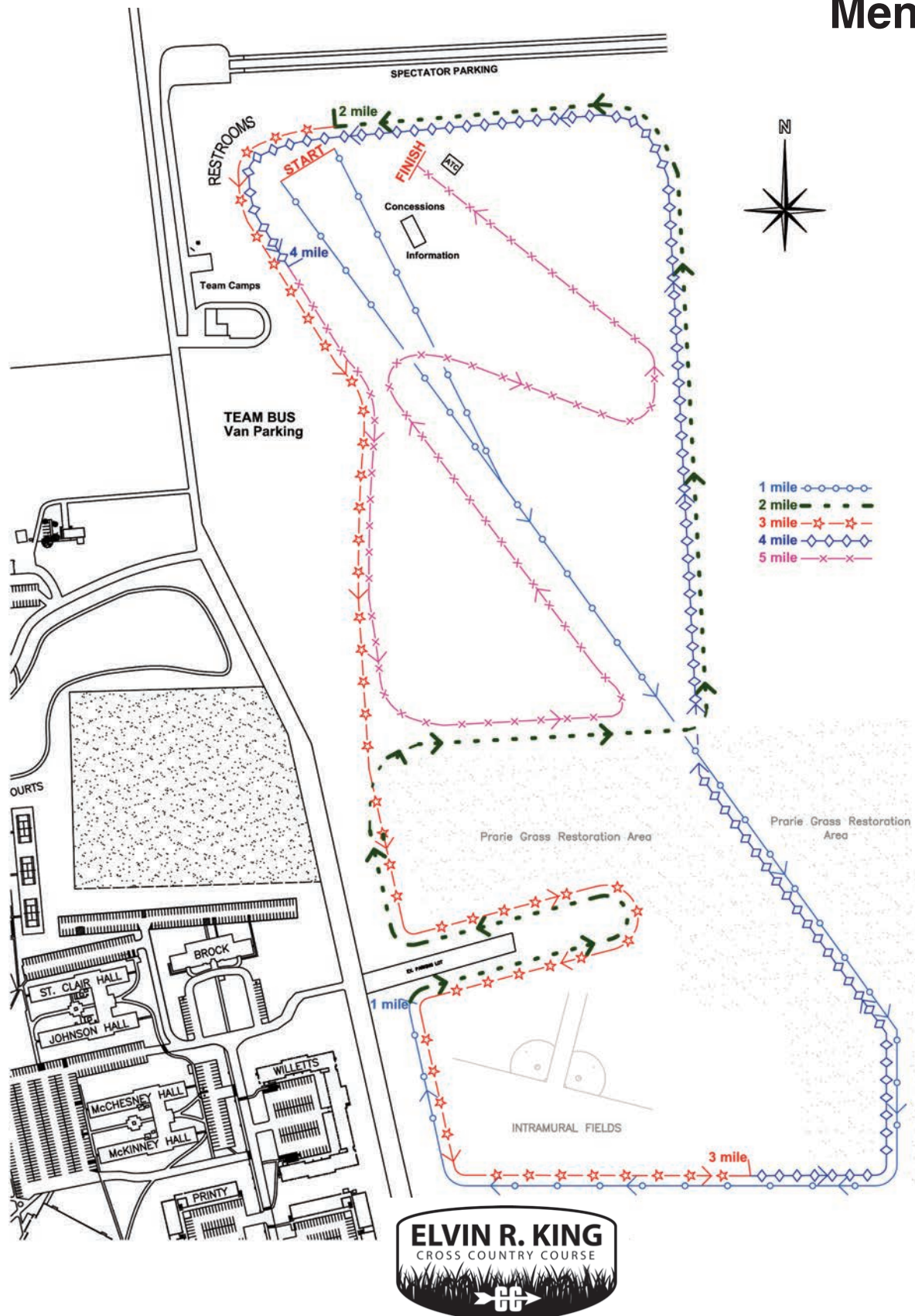
Elvin R. King Cross Country Course 5K route

College Women



Elvin R. King Cross Country Course 8K route

College Men



1600 Map

Elvin R. King Cross Country Course

Open Fun Run



Cedarville University Friendship Invitational Women's Cross Country History

Year	Team Champion	Cedarville
1991	Cedarville	1st of 6
1992	Cedarville	1st of 4
1993	Cedarville	1st of 3
1994	Cedarville	1st of 6
1995	Cedarville	1st of 9
1996	Kenyon	4th of 9 (JV)
1997	Berry	2nd of 10
1998	Kenyon	2nd of 12
1999	Spring Arbor	3rd of 12
2000	Cedarville	1st of 12
2001	Cedarville	1st of 12
2002	Cedarville	1st of 6
2003	Cedarville	1st of 6
2004	Miami	3rd of 14
2005	Miami	3rd of 12
2006	Cedarville	1st of 15
2007	Miami	2nd of 19
2008	Shawnee State	10th of 18 (JV)
2009	Ashland	2nd of 16
2010	Cedarville	1st of 12
2011	Cedarville	1st of 7
2012	Cedarville	1st of 12
2013	Dayton	7th of 11
2014	Cedarville	1st of 8
2015	Milwaukee	T 2nd of 12
2016	Cedarville	1st of 10
2017	Wright State	3rd of 13

Cedarville University Friendship Invitational Men's Cross Country History

Year	Team Champion	Cedarville
1991	Indiana Wesleyan	2nd of 6
1992	Indiana Wesleyan	2nd of 3
1993	Indiana Wesleyan	2nd of 3
1994	Taylor	3rd of 10
1995	Taylor	2nd of 10
1996	Taylor	2nd of 10
1997	Cedarville	1st of 8
1998	Taylor	3rd of 12
1999	Taylor	4th of 14
2000	Kenyon	2nd of 13
2001	Kenyon	4th of 12
2002	Cedarville	1st of 8
2003	Wright State	3rd of 6
2004	Otterbein	3rd of 11
2005	Ohio State	4th of 9
2006	Cedarville	1st of 13
2007	Shawnee State	2nd of 19
2008	Cedarville	1st of 20
2009	Shawnee State	2nd of 17
2010	Cedarville	1st of 13
2011	Cedarville	1st of 6
2012	Cedarville	1st of 9
2013	Cedarville	1st of 11
2014	Cincinnati	2nd of 10
2015	Milwaukee	3rd of 12
2016	Cedarville	1st of 10
2017	Cedarville	1st of 12

SUPPORTING YOUR TEAM ON AND OFF THE FIELD



Pictured from left to right:
Ryan Chamberlin, AT; Shila Obee, AT;
Justin Stanfill, AT; Aaron Bair, AT, CSCS;
Michael Willets, MS, AT

Your Ohio Valley Team of Professionals:

Medical Director: Ian Thompson, M.D., M.S., F.A.A.O.S.

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HISTORY OF FRIENDSHIP INVITATIONAL CROSS COUNTRY MEET

Hosted by Cedarville College/University
John Bryan State Park

SEPTEMBER 28, 1991

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Ryan Sommers/Indiana Wesleyan/25:00	Indiana Wesleyan/23
College W	Krista Pritchard/Cedarville/18:20	Cedarville/30
Girls Red	Marisa Tuzzi/Oakwood/20:02	Holgate/27
Girls Blue	Gretchen Weiher/Toledo Ctrl Cath/19:15	Toledo Ctrl Cath/15
Boys Red	Tyler Small/Arcanum-Butler/15:59	Arcanum-Butler/34
Boys White	John Schmidt/Oakwood/16:53	Sidney Lehman/35
Boys Blue	Ryan Williams/Toledo Ctrl Cath/16:12	Toledo Ctrl Cath/17

SEPTEMBER 26, 1992

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Peter Casaletto/Cedarville/25:42	Indiana Wesleyan/24
College W	Krista Pritchard/Cedarville/18:38	Cedarville/25
Girls Red	Natalie Riepenhoff/Green/20:07	Minster/21
Girls White	Amy Meyers/Blanchester/20:06	New Richmond/46
Girls Blue	Nicki Kedler/Kettering Fairmont/ 20:22	Colerain/31
Boys Red	Shane Homan/New Bremen/17:06	Cedarville/50
Boys White	Lenny Durrough/Badin/16:21	Badin/39
Boys Blue	Jason Husel/Colerain/16:00	Fairmont/37
Jr High Boys	Joey Coles/Studebaker/11:25	Studebaker/49
Jr High Girls	Joslyn Pfau/Holgate/12:40	New Bremen/40

SEPTEMBER 25, 1993

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Peter Simons/Cedarville/26:03	Indiana Wesleyan/27
College W	Michelle Burson/Cedarville/18:20	Cedarville/16
Girls Red	Joslyn Pfau/Holgate/20:29	Minster/32
Girls White	Amy Meyers/Blanchester/20:20	Milan (MI)/24
Girls Blue	Nicki Kedler/Kettering Fairmont/ 20:22	Troy/24
Boys Red	Steve McGillivray/Cedarville/16:27	New Bremen/66
Boys White	Bart Browning/Blanchester/16:30	New Richmond/34
Boys Blue	Jeff Jones/Kettering Fairmont/16:27	Fairmont/21
Jr High Boys	Josh Ordway/Holgate/11:14	Mason/39
Jr High Girls	Anna Schwieterman/New Bremen/12:25	Minster/34

SEPTEMBER 24, 1994

Division	Individual Winner/School/Time	Team Winner/Pts
College M	James Njoroge/Taylor/24:34	Taylor/35
College W	Michelle Burson/Cedarville/18:49	Cedarville/18
Girls Blue	Joslyn Pfau/Holgate/20:07	Minster/58
Girls Gold	Beth Froelker/Badin/19:50	Milan (MI)/42
Boys Blue	Luke Siefker/Columbus Grove/16:19	Columbus Grove/39
Boys Gold	Brandon Jones/West Carrollton/16:27	West Carrollton/46
Jr High Boys	Josh Ordway/Holgate/10:30	Anna/78
Jr High Girls	Jennifer Ordway/Holgate/12:41	Minster/52

SEPTEMBER 23, 1995

Division	Individual Winner/School/Time	Team Winner/Pts
College M	James Njoroge/Taylor/24:52	Taylor/25
College W	Becky Jordan/Cedarville/18:37	Cedarville/23
Girls Blue	Joslyn Pfau/Holgate/19:35	Botkins/64
Girls Gold	Nikki Kedler/Fairmont/19:47	Lancaster/57
Boys Blue	Luke Siefker/Columbus Grove/16:32	Columbus Grove/44
Boys Gold	Chris Snyder/Badin/16:02	Anna/45
Jr High Boys	Nathan Hadlock/Troy/11:40	Troy/81
Jr High Girls	Jennifer Ordway/Holgate/12:45	Ankeney/50

SEPTEMBER 21, 1996

Division	Individual Winner/School/Time	Team Winner/Pts
College M	James Njoroge/Taylor/24:42	Taylor/34
College W	Ann Marie Hynes/Rio Grande/18:00	Kenyon/37
Girls Blue	Amanda Blackwelder/Madeira/18:51	Madeira/48
Girls Gold	Nadine Weber/Whetstone/19:48	Troy/90
Boys Blue	Brad Koverman/Anna/15:58	Columbus Grove/52
Boys Gold	Chris Camfield/Fairborn/16:09	Princeton/37
Jr High Boys	Kyle Hinkelman/Troy/11:16	Anna/58
Jr High Girls	Amy Morrissey/Fairmont/12:56	Minster/58

SEPTEMBER 27, 1997

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Peter Casaletto/Unattached/25:36	Cedarville/25
College W	Susan Wells/Berry/17:50	Berry/22

Girls Blue	Missy Titus/Botkins/19:52	Minster/28
Girls Gold	Sally Smallenbarger/Troy/19:57	Troy/51
Boys Blue	Philip Slonkosky/Minster/16:08	Columbus Grove/49
Boys Gold	Jason Porter/Princeton/16:36	Troy/50
Jr High Boys	Kyle Hinkelman/Troy/11:01	Troy/21
Jr High Girls	Katie Kiesel/Troy/12:48	Minster/31

SEPTEMBER 26, 1998

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Gabriel Rod/Taylor/24:57	Taylor/38
College W	Trisha Ratliff/Unattached/18:38	Kenyon/54
Girls Blue	Shara Ridenour/Columbus Grove/20:15	Minster/29
Girls Gold	Lena Melback/Princeton/20:18	Princeton/33
Boys Blue	Philip Slonkosky/Minster/16:25	Minster/32
Boys Gold	Geoff Stover/Princeton/16:54	Mason/45
Jr High Boys	Jeff Meyer/Minster/11:27	New Richmond/92
Jr High Girls	Brittany Winner/Minster/12:37	Minster/16

SEPTEMBER 25, 1999

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Gabriel Rop/Taylor/25:01	Taylor/25
College W	Natalie Kendall/Spring Arbor/18:20	Spring Arbor/51
Girls Blue	Jennifer McKellar/Xenia Christian/20:22	West Liberty/30
Girls Gold	Anna Sofranko/Walnut Hills/20:05	Troy/46
Boys Blue	Paul Daugherty/Bellbrook/16:44	Columb Grove/33
Boys Gold	Kyle Hinkelman/Troy/16:36	Troy/32
Jr High Boys	Gerrod Bede/Bellbrook/11:47	Bellbrook/56
Jr High Girls	Nicky Fey/Blanchester/13:11	Mason/54

SEPTEMBER 23, 2000

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Daniel Njenga/Grace/25:43	Kenyon/63
College W	Candace Nicholson/Findlay/19:08	Cedarville/42
Girls Blue	Jennifer McKellar/Xenia Christian/19:07	Covington/72
Girls Gold	Kris Roth/Celina/19:36	Celina/49
Boys Blue	Chad Irwin/Columbus Grove/17:22	Columbus Grove/55
Boys Gold	Michael Olson/Lebanon/16:59	Princeton/47
Jr High Boys	John Wolsin/Indian Hill/11:36	Mason/50
Jr High Girls	Alyssa Zimmerman/Troy/13:01	Mason/43

SEPTEMBER 22, 2001

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Ben Hudebrand/Kenyon/25:45	Kenyon/44
College W	Jessica Kuhr/Wright State/17:52	Cedarville/33
Girls Blue	Jennifer McKellar/Xenia Christian/18:52	West Liberty-Salem/70
Girls Gold	Kris Roth/Celina/18:42	Troy/46
Boys Blue	Micah Harding/Cedarville/16:35	Columbus Grove/42
Boys Gold	Eric Zimmerman/Princeton/17:00	Princeton/35
Jr High Boys	Jason Ordway/Holgate/11:12	Mason/55
Jr High Girls	Cassandra Drennen/Bellbrook/13:29	Anna/59

SEPTEMBER 14, 2002 (Course modified 2002)

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Sergio Reyes/Cedarville/25:46	Cedarville/54
College W	Erin Nehus/Cedarville/18:28	Cedarville/24
Girls Blue	Sara Wiseman/Gallia Academy/18:43	Gallia Adacemy/41
Girls Gold	Katie Kiesel/Troy/20:30	Wayne/45
Boys Blue	Jason Ordway/Holgate/16:59	Bellbrook/67
Boys Gold	Mike Murphy/Wayne/16:49	Wayne/32
Jr High Boys	Matt Wagner/Ferguson/11:18	Troy/45
Jr High Girls	Megan Lesnoski/Ferguson/13:49	Troy/46

SEPTEMBER 20, 2003

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Dan Campbell/Cedarville/25:24	Wright State/35
College W	Sarah Mark/Cedarville/18:23	Cedarville/299
Girls Blue	Juli Hoekzema/Badin/19:26	Pleasant/49
Girls Gold	Jessica Reyes/Walnut Hills/19:37	Lancaster/25
Boys Blue	Nate Schumacher/Columbus Grove/16:48	Columbus Grove/35
Boys Gold	Levi Fox/Troy/16:09	Lancaster/62
Jr High Boys	Brendan Corcoran/Walnut Hills/11:44	Wilmington/58
Jr High Girls	Chelsea Leavelle/Troy/13:16	Troy/41

SEPTEMBER 18, 2004

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Mike Sawicki/Otterbein/25:05.23	Otterbein/56
College W	Jennie Stoll/Miami/ 17:53.96	Miami/28
Girls Blue	Stacy Goode/Little Miami/ 19:40.67	Penns Valley/44
Girls Gold	Sarah Matthews/Xenia/ 20:27.86	McCauley/66
Boys Blue	Josh Laughlin/Bellbrook/ 16:09.37	Penns Valley/57

Boys Gold Taylor Candella/Lakota West/ 16:25.80
 Jr High Boys Gabe Weiss/Carroll/ 11:48.09
 Jr High Girls Hali Hodge/Wilmington/ 13:09.97

Lakota West/39
 Troy/65
 Troy/63

SEPTEMBER 17, 2005

Division	Individual Winner/School/Time	Team Winner/Pts
College M	Julius Rono/Roberts Wesleyan/ 24:44.16	Ohio State/25
College W	Jennie Stoll/Miami/ 18:07.47	Miami/45
Girls Blue	Marie Boone/Milton Union/ 19:56.88	Milton Union/27
Girls Gold	Christi Schneider/McAuley/ 18:51.38	McCauley/34
Boys Blue	Robert Lakes/Badin/ 16:40.39	Badin/56
Boys Gold	Robbie Adams/Xenia/ 16:42.44	Lakota West/40
Jr High Boys	Gabe Weiss/Carroll/ 11:14.61	Troy/61
Jr High Girls	Hali Hodge/Wilmington/ 12:51.33	Bellbrook/46

2006 was 1st year on Elvin R. King Course

SEPTEMBER 16, 2006

Division	Individual winner/school/time	Team winner/pts
College W	Nicole Degner, Berry College/18:23.86	Cedarville/33
College M	David Kawa, Berry College/24:50.56	Cedarville/39
Boys blue	Dane Harding, Cedarville HS/16:51.72	Cinc. Christian/68
Girls blue	Angela Klimkowski, Milton Union/20:04.69	Milton Union/22
Jr. High boys	Austin Gregory, Centerville/11:37.09	Centerville/31
Jr. High girls	Dominique Gerard, Ankeney MS/12:12.14	Milton Union/48
Gold Boys	Alex Moore, Groveport Madison/16:56.01	Reynoldsburg/38
Gold Girls	Amanda Burger, Lakota West/18:04.59	Lakota West/31

SEPTEMBER 17, 2007

Division	Individual winner/school/time	Team winner/pts
College W	Miesha Marzell, Unatt/17:52.80	Miami Univ./24
College M	Keegan Rathkamp, Shawnee State/25:34.84	Shawnee St./41
Boys blue	Colin Cotton, Summit Country Day/16:25.60	Northeastern/72
Girls blue	Angela Klimkowski, Milton-Union/19:55.86	Milton-Union/19
Jr. High boys	Tanner Mattie, Fairland/11:20.42	Fairland/75
Jr. High girls	Peyton Adkins, Gallia Academy/12:05.70	Bellbrook/58
Gold Boys	Ben Jones, Northwestern/16:14.33	Northwestern/29
Gold Girls	Lauren Adkins, Gallia Academy/18:52.14	Northwestern/31

SEPTEMBER 20, 2008

Division	Individual winner/school/time	Team winner/pts
College W	Lisa Davies, Shawnee State/18.26.4	Shawnee State/44
College M	Keegan Rathkamp, Shawnee State/25:27.9	Cedarville Univ./33
Boys Blue	Colin Cotton, Summit Count. Day/16:15.7	London HS/88
Girls Blue	Emily Skidmore, Alexander/20:07.1	Milton Union/24
Jr. High Boys	Jeff Cook, Blanchester/11:43.1	Hillsboro/59
Jr. High Girls	Bethany Norman, Xenia Christian/13:12.7	Xenia Christian/30
Gold Boys	Andrew Goodwin, Celina/16:13.2	Elder/52
Gold Girls	Samantha Burger, Lakota West/19:25.3	Colerain/33

SEPTEMBER 19, 2009

Division	Individual winner/school/time	Team winner/pts
College W	Sarah Foster, Ohio State Univ./17:24	Ashland Univ./39
College M	Brandon Bauer, Col. running co./25:15	Shawnee State/29
Boys Blue	Isaiah Bragg, Emmanuel Christian/16:10	Milton Union/36
Girls Blue	Nicole Klimkowski, Milton Union/20:01	Milton Union/32
Jr. High Boys	Roman Fatica, Hillsboro MS/11:18	Springboro/52
Jr. High Girls	Kim Streetz, Springboro JH/12:40	Springboro/28
Boys Gold	Andy Goodwin, Celina/15:57	Hillsboro/42
Girls Gold	Christine Moon, Western Brown/19:49	Centerville/39

SEPTEMBER 18, 2010

Division	Individual winner/school/time	Team winner/pts
College W	Kelsey Devereaux, Indiana Wes./18:38.59	Cedarville/60
College M	Dee Salukombo, Denison Univ./ 25:21.57	Cedarville/62
Boys Blue	Colin Cotton, Summit Country Day/16:52.70	Summit Cty. Day/40
Girls Blue	Sarra Taylor, London/20:11.95	Summit Cty. Day/40
Jr. High Boys	Fielding Lewis, Yellow Springs/11:29.98	Ferguson/42
Jr. High Girls	Keaton Case, Springboro/12:42.46	Springboro/24
Girls Gold	Hannah Fleck, Celina/20:34.35	Celina/25
Boys Gold	Rob King, Miami Trace/17:00.18	Beavercreek/33

SEPTEMBER 17, 2011

Division	Individual winner/school/time	Team winner/pts
College W	Hannah Lamos, Cedarville/18:44.17	Cedarville/57
College M	Jason Bruns, Wright State/25:45.68	Cedarville/38
Boys Blue	Kevin Stewart, Emmanuel Chr./16:41.54	Summit Cty. Day/41

Girls Blue Morghan Townsend, Northwestern/20:44.54
 Jr. High Boys Ben Ewert, Ferguson/11:33.79
 Jr. High Girls Kendra Moran, Ferguson/13:24.86
 Girls Gold Hannah Fleck, Celina/19:11.75
 Boys Gold Drew Lowery, Hilliard Darby/16:46.10
 Northwestern/27
 Northwestern/49
 Ferguson/37
 Hilliard Bradley/36
 Hilliard Darby/35

SEPTEMBER 15, 2012

Division	Individual winner/school/time	Team winner/pts
College W	Alexandra Archambault, Cedarville/18:11.41	Cedarville/47
College M	Matt Brooker, Cedarville/24:38.96	Cedarville/20
Boys Blue	Micah Bragg, Emmanuel Chr./16:44.72	Summit Cty. Day/32
Girls Blue	Carley Shell, Covington/19:54.72	Northwestern/48
Jr. High Boys	Justin Prack, Northwestern/10:42.54	Springboro/44
Jr. High Girls	Laura Vilardo, Miami Valley CA/12:55.62	Bellbrook/51
Boys Gold	Steve Sartoris, West Carrollton/16:14.86	Mason/50
Girls Gold	Lauren Wood, Mason/18:46.18	Mason/16

SEPTEMBER 21, 2013

Division	Individual winner/school/time	Team winner/pts
College W	Lizzie Gleason, Dayton/22:15.57	Dayton/16
College M	Matt Brooker, Cedarville/24:57.74	Cedarville/19
Boys Blue	Ben Stites, Wyoming/16:42.12	Summit Country Day/47
Girls Blue	Ellie Adams, Summit Country Day/19:29.89	Summit Country Day/21
Jr. High Boys	Nicholas Harville, Springboro/11:52.49	Springboro/23
Jr. High Girls	Laura Vilardo, Miami Valley/12:44.15	Springboro/16
Boys Gold	Daniel Reynolds, Hilliard Darby/16:37.18	Hilliard Darby/29
Girls Gold	Kenzie Pfeifer, McAuley/20:24.54	McAuley/17

SEPTEMBER 20, 2014

Division	Individual winner/school/time	Team winner/pts
College W	Hannah Brooker, Unatt/18:28.24	Cedarville/34
College M	Ben Tuttle, Cedarville/25:00.82	Cincinnati/24
Boys Blue	Ben Stites, Wyoming/16:24.29	Wyoming/45
Girls Blue	Anna Dunn, Covington/19:59.52	Wyoming/51
Jr. High Boys	Gabe Warren, Butler/11:45.12	Kings/45
Jr. High Girls	Taylor Ewert, Beavercreek/12:08.94	Beavercreek/52
Boys Gold	Zach Birdsall, Fairfield/16:39.34	Hilliard Darby/40
Girls Gold	Claire Wiles, Olentangy Liberty/18:56.14	Olentangy Liberty/40

SEPTEMBER 19, 2015

Division	Individual winner/school/time	Team winner/pts
College W	Emily Leonard, Dayton/17:43.8	Milwaukee/47
College M	Ben Moroney, Trevecca Nazarene/25:42	Milwaukee/28
Boys Blue	Seth Miller, Rock Hill/16:39.5	Shawnee/66
Girls Blue	Grace Holmes, Shawnee/20:15.5	Shawnee/21
Jr. High Boys	Caleb Zimmerman, Springboro/11:16.9	Springboro/55
Jr. High Girls	Taylor Ewert, Beavercreek/12:26.1	Springboro/39
Boys Gold	Zach Birdsall, Fairfield/15:43.2	Thomas Worthington/27
Girls Gold	Christina Nash, Thomas Worthington/19:45.4	Thomas Worthington/19

SEPTEMBER 17, 2016

Division	Individual winner/school/time	Team winner/pts
College W	Olivia Esbenshade, Cedarville/18:19.1	Cedarville/19
College M	Daniel Michalski, Cedarville/25:25.4	Cedarville/36
Boys Blue	Bryce Conley, Tippecanoe/16:32.3	Shawnee/88
Girls Blue	Perri Bockrath, Alter/19:01.3	Tippecanoe/37
Jr. High Boys	Kevin Agnew, Carroll/11:00.4	Springboro/138
Jr. High Girls	Juliann Williams, Beavercreek/11:33.6	Springboro/63
Boys Gold	Dustin Horter, Lakota East/15:30.6	Elder/107
Girls Gold	Melissa Barrett, Northmont/19:35.8	Bellbrook/71

SEPTEMBER 16, 2017

Division	Individual winner/school/time	Team winner/pts
College W	Hailey Brumfield, Wright State/18:28.5	Wright State/34
College M	Anthony Frank, Indiana Tech/25:37.4	Cedarville/45
Boys Blue	Joe Spitzer, Versailles/16:10.1	Houston/112
Girls Blue	Perri Bockrath, Alter/19:21.1	Alter/103
Jr. High Boys	Lucas Smith, Anna/11:05.1	Springboro/68
Jr. High Girls	Austy Miller, Bradford/12:38.1	Anna/92
Boys Gold	Conant Smith, Middletown/15:24.5	Carroll/56
Girls Gold	Lindsey Coffin, Springboro/18:10.4	Springboro/29

A new era began in Cedarville University cross country with the opening of the Elvin R. King Cross Country Course. The venue was dedicated and named in honor of CU's Hall of Fame coach during Homecoming Weekend on Oct. 7, 2006.

Elvin King coached track and cross country at Cedarville University for 41 years before retiring following the 2009 fall season. He was especially known for the Lady Jacket cross country program which he started in 1979.

King guided Cedarville to the 2001 NAIA Women's Cross Country Championship which remains the school's only NAIA title in any sport. The Lady Jackets became the first NAIA school to claim the All-Ohio Cross Country Championship in 2008 and they totaled nine NCCAA banners to go along with 12 conference trophies.

The Elvin R. King Cross Country Course, located at the north end of the campus just east of State Route 72, was constructed on 150 acres of property and was designed and built under the direction of former athletic director Pete Reese and King. Athletes run entirely on a grass course that includes rolling hills.

This unique venue, which meets all of the NCAA requirements for a cross country course, hosted its first meet on Sept. 16, 2006 with the 16th Annual Cedarville Invitational. Nearly 1,000 runners participated in eight races and both Yellow Jacket teams won the first-ever college races on the course.

Cedarville continues to host the annual Friendship Invitational. Besides the high school and junior high competitions in the Friendship Invitational, the course will host the OHSAA Southwest District Championship on Oct. 20th. The Ohio Heritage Conference has also staged its championship meets on the course.

The primary cross country courses are the 5,000 meter layout (college women, high school boys & girls) and the 8,000 meter course (college men). There is also a 3,200-meter course for junior high competition as well as a 6K (NCAA women) and a 10K (NCAA men). Ample parking is available on site for up to 500 vehicles just west of State Route 72 on campus grounds.

hicles just west of State Route 72 on campus grounds.

The Yellow Jackets called John Bryan State Park as its cross country home for the better part of four decades. The beautiful site served as host of the NCCAA Championships from 1978 through 1992 and again from 1995 through 2005. It also hosted the annual Cedarville Invitational, the NAIA District 22 Championship, the Mid-Ohio Conference Championship, the American Midwest Conference Championship, and a number of high school meets.



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